


2017

Gregans Castle Breakfast Menu 2017

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Recommended Citation

Gregans Castle, "Gregans Castle Breakfast Menu 2017" (2017). *Menus of the 21st Century*. 363.
<https://arrow.tudublin.ie/menus21c/363>

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Breakfast Menu

You may order the following at your table(or make your own selection)

- Freshly made Organic Porridge
- Grilled Bacon and Sausage with Eggs
- Eggs on Toast
- (Choice of Poached, Fried or Scrambled)
- Eggs Benedict
- Boiled Eggs
- Grilled Fresh Fish of the Day
- Pancakes
- with Highbank Organic Apple Syrup
- with or without Bacon

The Free Range hens eggs are free range from Claregalway. The sausages and cold meats are from Fingal Ferguson in Gubeen. The cheese is made down the road at the Aillwee Cave by Ben Johnson. The organic smoked fish is from Birgitta Curtin at The Burren Smokehouse in Lisdoonvarna. The fresh fish is supplied by the Sexton Family in Doonbeg. in Doolin. The teas are organic and blended by Solaris Botanicals in Galway. The coffee is fairtrade.

Breakfast Menu

Please help yourself from our cold BuffetFresh Juices:

- (Freshly Squeezed Orange,
- Irish Apple, Cranberry)
- Stewed Apricots & Prunes
- Fresh Grapefruit, Cereals,
- Organic Glenisk Yogurt with Berry Compote, Seasonal Fruits
- (made to order)

- Homemade Organic Breads, Croissant, Pain au Chocolat, Burren Gold
- Organic Cheese and Gubeen Cold Meats, Lisdoonvarna Organic Smoked
- Fish, Toast served with Orange Marmalade or Jams (made in-house)
- Freshly Ground Cafetiere Coffee

- Organic Teas: Assam; Earl Grey; Lapsang Souchong; Green;
- Gregans Tea (White, Hibiscus & Lemon Balm); Camomile; Peppermint

